# HOW TO CREATE THE PERFECT MEAL

## HUNDREDS OF EASY, DELICIOUS, HEALTHY DINNERS FROM PRECISION NUTRITION'S INGENIOUS CHEF.

Mix and match these ingredients for maximum flavor (and minimal work). The result? Hundreds of perfectly-portioned meals that taste great and support your health goals.

## 1 STEP — CHOOSE ONE INGREDIENT FROM EACH OF THE FOUR COLUMNS BELOW.

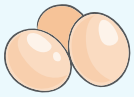
Make your selection based on what you're in the mood for or what's available (or both).

### PROTEIN

#### BEANS

Soak 1 part beans in 3 parts water overnight. Drain, add another 3 parts fresh water and simmer on medium heat until tender, about 2 hours. Add herbs, spices and salt halfway through cooking. Store the beans in their cooking liquid for up to four days.

#### EGGS

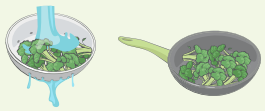


Cover eggs with 3 inches of cold water and bring to a boil. Remove from heat and cover with a lid for 8 minutes. Drain the water and fill with cold water to stop the cooking. Keep refrigerated for up to 5 days.

### VEGETABLE

#### BROCCOLI

Cut broccoli into large florets with long stems; rinse and drain. Place in a single layer in a large pan over medium-high heat; season with salt and oil or butter. Stir after a few minutes, once the broccoli starts to char. Cook a few more minutes; remove from heat.



#### RED CABBAGE

Cut into wedges, remove the core, and boil in salted water for 2 minutes. Drain and sauté with preferred spices (if using) and healthy fat. Garnish with herbs.

### SMART CARB

#### SPAGHETTI SQUASH

Preheat oven to 400° F. Cut squash in half lengthwise and scoop out center using a spoon. Season with salt and any preferred spices and bake, cut side down, on a parchment lined baking sheet for 35 minutes or until tender. Carefully flip the squash and scrape out the flesh using a fork.

#### RED POTATOES

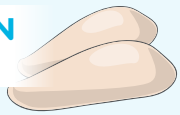
Boil red potatoes in salted water until very tender. Drain and toss with herbs, salt, cracked pepper and lemon juice or vinegar.

### HEALTHY FAT

#### EXTRA VIRGIN OLIVE OIL

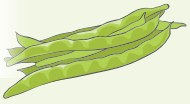
#### WALNUT OIL

## CHICKEN BREAST

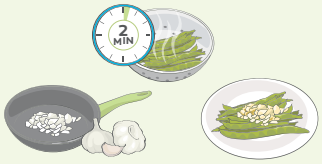


Season chicken with salt, oil or butter*, and spices. Place it 'skin' side down in a pan over medium-high heat and leave it be. Add herbs and citrus to pan (if using). Reduce heat to medium, cover, and cook for about 15 minutes, flipping once at the very end. Rest it in the pan (heat off) for a few minutes.

## GREEN BEANS

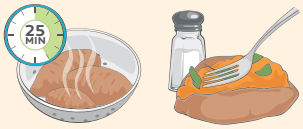


Warm crushed garlic and spices in oil over low heat. Meanwhile, steam the beans until they are bright green and still snappy, about 2 minutes. Toss beans with the garlic sauce.




## SWEET POTATOES

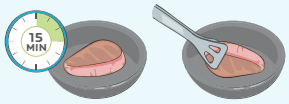
Steam whole sweet potatoes for 25 minutes until very tender. Cut an incision lengthwise along the top of the potato. Crack it open and add herbs, spices or oil or butter. Mash together with a fork.




## SESAME OIL

## STEAK

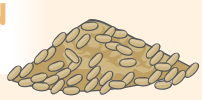
Warm a cast iron pan over medium-high heat for a few minutes. Season the steak generously with salt. With the stove ventilation on, add the steak to the pan and sear for 1-2 minutes per side. Using tongs, sear the edges for another minute. Turn off heat and rest the steak in the pan 1 minute per side.




## BOK CHOY

Cut bok choy into wedges and rinse well under cold water. In a large hot pan or wok, sauté with oil until just wilted but still perky. Remove from heat and toss with a few drops of soy sauce or some rice vinegar. Garnish with herbs.

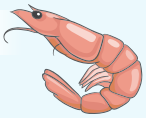
## BROWN RICE



Boil 1 part rice in 5 parts of salted water, partially covered, until tender, about 30 minutes. Drain excess liquid. Add herbs and butter or oil (if using).

## AVOCADO OIL

## SHRIMP

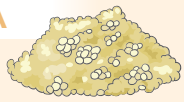


Peel and devein the raw shrimp. Toss in a bowl with salt and preferred spices (if using). Sear or grill the shrimp over medium-high heat for about 2 minutes or until opaque around the edges. Turn shrimp for a final 30 seconds and remove from heat.

## SPINACH

Toast sliced garlic in a large pan with oil. Once the garlic starts to brown around the edges, add the spinach and press down gently until it starts to wilt. Season with salt. Remove from pan once wilted, keep it warm in paper towel if desired.

## QUINOA



Rinse quinoa well under cold water. In a sauce pot, add 1 part quinoa, preferred spices and 2 parts water. Bring to boil and season with salt. Cook for 5 minutes over high heat. Cover and reduce heat to medium. Cook for 10 minutes, or until liquid is evaporated and quinoa has doubled in size. Fluff with a fork.

## CANOLA OIL

## RED LENTILS

Rinse and quickly sort through lentils. In a sauce pot over medium - high heat, sauté onions, garlic and preferred spices until soft and caramelizing. Add 3 parts water and salt to taste. Cook until lentils are tender, about 40 minutes (longer for a thicker result).

## KALE

Saute sliced onion in oil. Once the onions start to caramelize, add the kale. Season with salt, add a 1/4 cup water and cover. Stir every few minutes or so. Remove lid and cook until all the liquid has evaporated.

## CHICKPEAS

Soak the chickpeas in 3 parts water overnight. Drain, add another 3 parts fresh water and simmer on medium heat until tender, about 2 hours. Add herbs, spices and salt halfway through cooking. Store the chickpeas in their cooking liquid for up to 4 days.

## EXTRA VIRGIN COCONUT OIL

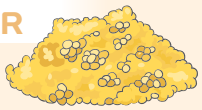
## PRESSED YOGURT

Scoop Greek yogurt into a sieve, set over a bowl, and let strain in the fridge overnight. Discard the water, then transfer the pressed yogurt to the bowl. Stir in preferred herbs, spices and citrus and season with salt to taste. Store in an airtight container in fridge for up to a week.

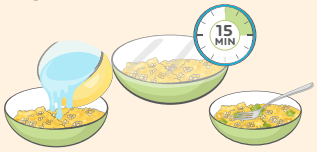
## EGGPLANT

Grill whole eggplants over high heat, turning often, until skin is completely charred. Cool and peel away the charred skin. Tear eggplant up with a fork and toss with salt, citrus juice and any preferred spices.

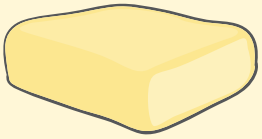
## BULGUR



Toss 1 part bulgar in a bowl and season with salt. Bring 2 parts water to a boil and pour evenly over bulgur. Cover quickly with plastic wrap and let sit for 15 minutes. Fluff with a fork and add and garnishes or herbs.




## BUTTER

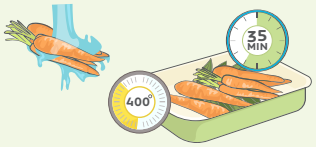


## SCALLOPS

Set a pan to medium-high heat. Season scallops with salt, spices, and oil or butter. Sear scallops for about a minute and a half per side, making sure to not crowd the pan. Remove from heat and garnish with citrus.

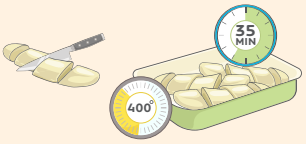
## CARROTS

Peel and wash carrots but leave them whole. Toss them in a bowl with preferred spices and oil, and roast in the oven at 400° F degrees until soft and deeply coloured, about 35 minutes. Garnish with herbs.

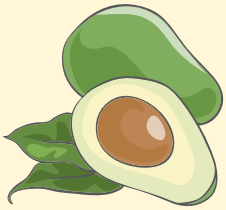



## PLANTAIN

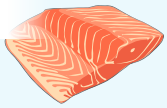
Peel the plantains and cut them into large pieces. Toss them in a bowl with preferred spices and oil, and roast in the oven at 400° F until soft and deeply colored, about 35 minutes. Garnish with herbs.




## RAW AVOCADO



## SALMON



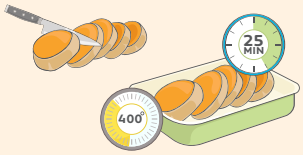
Warm a pan over medium-high heat. Season salmon with salt, oil or butter, and spices. Place it in the pan skin side down and leave it be. Add herbs and citrus to pan (if using.) Reduce heat to medium, cover, and cook for 6-8 minutes. Flip the fish once for the last minute. Rest it in the pan (heat off) for a few minutes.

## BRUSSELS SPROUTS

Remove the stem and cut the sprouts in half. Rinse and drain. Place in a single layer in a large pan over medium-high heat; season with salt and a few drops of oil. Stir after about 5 minutes, once they start to char. Cook for another few minutes. Garnish with herbs, chile flakes and/or a squeeze of citrus.

## BUTTERNUT SQUASH

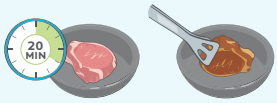
Cut the squash into 1" discs. Toss them in a bowl with red onion wedges, salt, preferred spices and choice of healthy fat. Roast at 400° F until soft and blistered, about 25 minutes.




## CHOPPED ALMONDS

## PORK TENDERLOIN

Set a pan or grill to medium-high heat. Season pork with salt, oil or butter, and spices. Place it in the pan and leave it be. Cook for a few minutes on each side, turning often. Add herbs and citrus to pan (if using,) cover, and cook for a few more minutes. Rest it in the pan (heat off) for a few minutes.



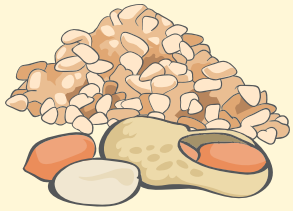

## BELL PEPPERS

Wash the peppers, cut them in half and rip out the core and stem. Cut or rip them into large pieces. Toss them in a bowl with preferred spices and oil, and roast in the oven at 450° F until soft and blistered, about 15 minutes.

## SPELT

Rinse 1 part spelt under cold water. Add to a sauce pot with 1 part crushed tomatoes and 2 parts water. Bring to a boil; add salt and herbs to taste. Cook until tender, stirring often, about 40 minutes. Garnish with herbs.

## CHOPPED PEANUTS



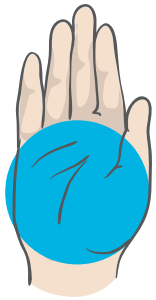
*If you're cooking without oil or butter, then use a nonstick pan or a grill.

## 2 STEP

# PORTION YOUR INGREDIENTS.

Use the guide below to portion your meal**.
(Remember, you can make more than one portion for leftovers the next day).

## PER SERVING:



### PROTEIN

Women: 1 palm
Men: 2 palms

### VEGETABLES

Women: 1 fist
Men: 2 fists

### CARBS

Women: 1 cupped hand
Men: 2 cupped hands

### FAT

Women: 1 thumb
Men: 2 thumbs

**Adjust portions up or down according to:**

- How frequently you eat
- Your size/caloric needs
- How active you are
- Your results
- Appetite and satiety
- How frequently you eat

**For more information, check out: www.precisionnutrition.com/calorie-control-guide-infographic.

## 3 STEP

# CHOOSE AROMATICS AND GARNISHES.

Select a regional flavor profile below, then choose three or more ingredients from its list and put them on the counter so they're ready.

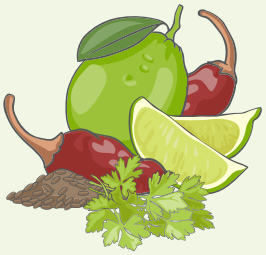
## ITALIAN

- Oregano
- Basil
- Fennel
- Capers
- Anchovies
- Olives
- Orange

## FRENCH

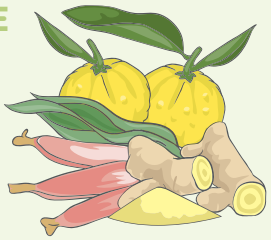
- Tarragon
- Thyme
- Rosemary
- Bay leaf
- Black pepper
- Lemon

## MEXICAN



- Cilantro
- Cumin
- Cocoa
- Ancho and chipotle chiles
- Lime

## JAPANESE



- Miso
- Sesame seeds
- Seaweed
- Pickled radish
- Ginger
- Yuzu

## THAI

- Cilantro
- Mint
- Thai basil
- Ginger
- Lime
- Chiles
- Green onion
- Lemongrass

## MOROCCAN

- Cardamom
- Saffron
- Cinnamon
- Anise
- Cayenne
- Cumin
- Preserved lemon

## INDIAN

- Cumin
- Fenugreek
- Coriander
- Turmeric
- Curry powder
- Ginger
- Fresh curry leaf

## CARIBBEAN

- Cinnamon
- Allspice
- Nutmeg
- Cloves
- Lime
- Scotch bonnets
- Pickled mango

## SOUTHWEST

- Cumin
- Coriander
- Cilantro
- Mint
- Chiles
- Pepper
- Lime

## SPANISH

- Smoked paprika
- Parsley
- Bay leaf
- Saffron
- Guindilla peppers
- Olives
- Orange

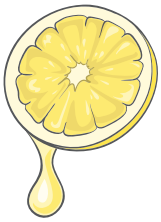
4 STEP

# COOK THE FOOD.

Use preparation methods outlined in Step 1 and incorporate the aromatics and garnishes as follows.

Add **fresh herbs** to your vegetable, or garnish the whole dish at the end.

Add **dried spices** to your smart carb.

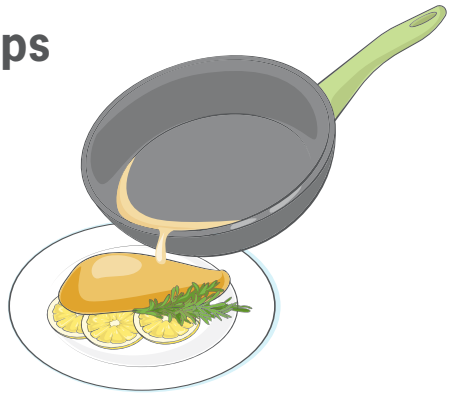


Squeeze **fresh citrus juice** over your protein.

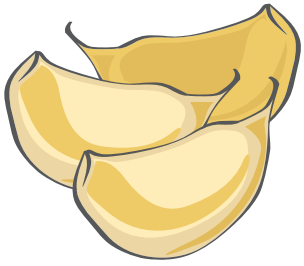
Sprinkle **preserved foods** and/or **chopped nuts** over your plate at the end.

## Additional flavor tips

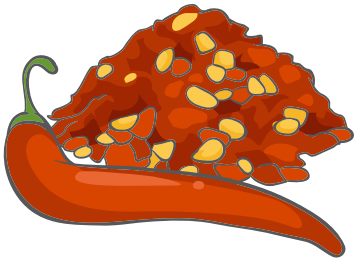
Sauté onions in your pan alongside green vegetables. They add depth of sweetness and texture.



When cooking chicken, pork, or salmon, use any pan drippings as a flavorful sauce.



Add garlic cloves (husk on) to your pan while your protein is cooking, or to your roasting pan with vegetables. This makes a flavorful garnish.

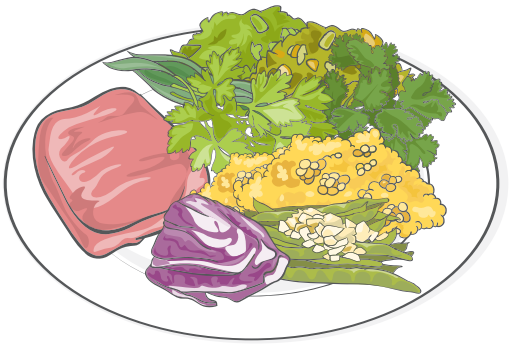


Sprinkle dried chile flakes or grate fresh horseradish on your protein. This offers an unexpected kick, building flavor with minimal effort.

5 STEP

## PUT IT ALL ON YOUR PLATE.

Garnish with an additional sprinkle of chopped fresh herbs if desired.

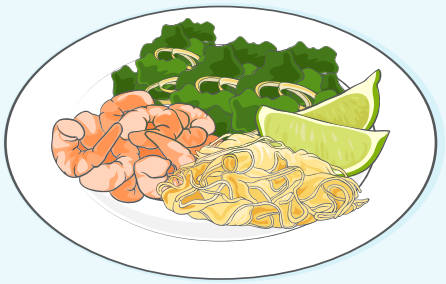


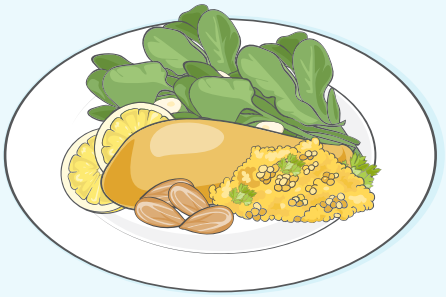
# SAMPLE MEALS

Mix and match these ingredients however you choose.
Here are a few combos to get your imagination going.

## THAI THREE WAYS

- Steak with coconut brown rice and bok choy
- Chicken with eggplant, spelt, and peanuts
- Shrimp with kale and spaghetti squash



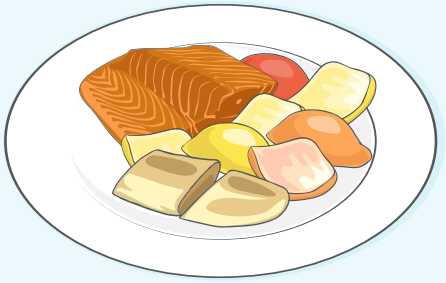


## INDIAN THREE WAYS

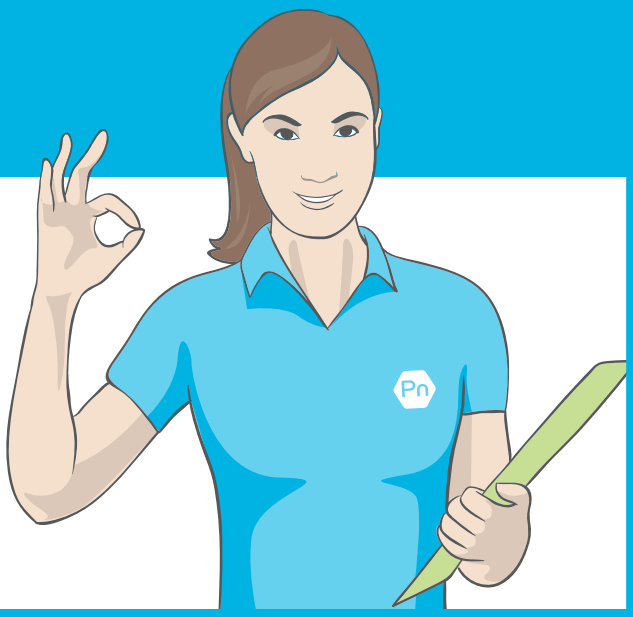
- Chicken with spinach, bulgur, and almonds
- Curried chickpeas with eggplant and yogurt
- Red lentils with Brussels sprouts and sweet potatoes

## MEXICAN THREE WAYS

- Chicken with spinach and quinoa
- Salmon with bell peppers and plantain
- Beans with carrots, brown rice, and avocado



# MAKE AN AMAZING MEAL TONIGHT



- **IT'S EASY TO DO.**
- **THE TEMPLATE IS FLEXIBLE.**
- **IT'S BASED ON FLAVOR SCIENCE.**
- **THE MEALS TASTE GREAT.**
- **THEY'RE GOOD FOR YOU TOO.**

To download a printable copy of this infographic:
http://www.precisionnutrition.com/create-the-perfect-meal-infographic

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